

Wellness Programs available for State Employees (offered through their medical coverage)

Blue Cross Blue Shield of Delaware's (BCBSD) wellness program is called the "*Options Discount Program*." If you are a BCBSD member, you have access to American WholeHealth Networks (AWHN), a network comprised of more than 25,000 providers for discounts up to 30% on massage, acupuncture, chiropractic services, yoga, Pilates, tai chi, qi gong, nutrition counseling, personal trainers and guided imagery. (Chiropractic services covered under your BCBSD plan must be exhausted first). Finding an AWHN participating provider is possible by telephone at 1-877-440-5581 or by logging onto the customers section of www.bcbsde.com and clicking on "*Options Discount Program*". Additional services include:

GlobalFit – Receive up to a 60% discount on memberships to more than 1,500 health and fitness clubs. Visit the customers section of www.bcbsde.com and click on "*Options Discount Program*" for more information.

Hearing Aids – Receive a free hearing screening and a 25% discount off Beltone hearing aids. To find a provider nearest you, contact Beltone Hearing Care Centers toll-free at 1-800-BELTONE or log onto BCBSD's website.

Mail Order Contact Lenses – Receive up to a 50% discount if purchased from a participating provider. Shipping and handling fees are free. Contact TruVision toll-free at 1-866-339-2020.

Laser Vision Correction – Receive a discount on laser vision correction through TruVision. For program parameters, contact TruVision toll-free at 1-866-339-2020 or log onto BCBSD's website.

Eldercare Management – Receive help in caring for an elderly parent or relative through Seniorlink, a provider of elder care solutions for aging adults and their families. Members may receive a 20% discount on Seniorlink services. For program parameters, contact Seniorlink at 1-800-430-7364 or visit www.seniorlink.com for more information.

Cole Vision Eye Wear Purchases - Receive 20%-60% discounts on lenses, frames, contact lenses and supplies at any of over 3,500 participating Cole Vision providers. Visit the customers section of www.bcbsde.com and click on "Cole Vision" for more information.

Additionally, a new section has been added to BCBSD's website called *My BlueConnection*. There, you'll find health and wellness resources and interactive tools. By logging on, BCBSD members can:

- Read the latest health news and headlines
- Receive daily health tips
- Access information about their care management programs
- Visit the asthma, diabetes, or heart health online education centers, which offer specialized quizzes, a health library and news

- Use interactive tools, such as calculators and quizzes, to encourage healthy living
- Research information on a wide range of health care concerns, from common maladies to health emergencies

Once registered with **My BlueConnection**, members can also create a homepage with personalized health risk assessments, daily reminders, health news and other healthy lifestyle services. To register, go to the customers section of www.bcbsde.com and click on “My BlueConnection.”

Coventry Health Care of Delaware’s wellness program is called “*Healthyroads*”. If you are a Coventry member, you also have online access to a broad range of programs and services, including a library of up-to-date health information, a store of more than 2400 discounted health and wellness items and personalized solutions to meet your health goals. To access Coventry’s Healthyroads program, simply log onto Coventry’s website at www.chcde.com, click on “members”, then click on “*Healthyroads*”. Program options include:

Massage and Acupuncture Services– Choose a participating provider from the network and receive a price discount of up to 25%. Be sure to present your Coventry ID card at the time of your visit.

Fitness Services – Choose a participating fitness center and receive a discounted membership plus a free one-week trial membership before joining!

Health and Wellness Products – Shop online for discounted health and wellness products including vitamins, herbal supplements, homeopathic remedies and sports nutritional products.

Health Education Programs – Members receive award winning guidebooks and telephone-based health education in an array of clinical disciplines such as nutrition, weight loss, stress management, smoking cessation, and exercise.

Up-To-Date Health Information – Through Coventry’s online library, receive personalized answers to health questions within 24 hours from an online chiropractor, acupuncturist, registered dietician, personal trainer or massage therapist. Also, access to a Health Risk Assessment – an interactive assessment to help determine your health status and get tips to help improve your health.

Eye Wear Purchases - Coventry also offers a discounted eye wear program called “Vision One”. Under this program, Coventry members receive discounts of up to 60% on frames, 45% on bifocals and 20% on contact lenses, if purchased from a participating provider. To find a Vision One participating provider nearest you, call 1-800-804-4384.

The wellness programs offered by BCBSD and Coventry are discount programs designed to complement your health care benefits and are *not* sponsored by the State of Delaware.

Questions? Please contact Blue Cross at 1-800-633-2563 or Coventry at 1-800-833-7423.

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